

## **Grade One**

Students in grade one continue to develop understanding of key concepts and principles and to link these concepts and principles to their movement. Students will relate participation in vigorous physical activity to changes in the body, to enjoyment, and to improving their health and well-being. They will further their understanding of the importance of physical activity in their lives. As students increase their understanding of movement, they gain a deeper understanding of how and why the body moves. Students continue to develop socially as they work safely alone and in a group. The natural enjoyment of physical activity should be reinforced and complemented by a variety of educational game, dance, and gymnastic activities in which students learn and are successful.

### **Skilled Movement**

- 1.1 The student will demonstrate the correct critical elements (isolated, small parts of the whole skill or movement) of locomotor, non-manipulative, and manipulative skills.
  - a) Demonstrate critical elements used in all of the locomotor skills.
  - b) Demonstrate critical elements used in manipulative skills performed alone (e.g., toss and catch, dribble with hand in general space, dribble with foot, kick and strike with hand or equipment, throw underhand and overhand, volley).
  - c) Demonstrate critical elements for manipulative skills while moving.
  - d) Demonstrate simple educational gymnastic sequences that contain a variety of balance, roll, transfer of weight, and flight.
  - e) Demonstrate moving to a rhythm by keeping time to a simple beat, using a variety of locomotor and non-locomotor skills.

### **Movement Principles and Concepts**

- 1.2 The student will demonstrate improvement in locomotor, non-manipulative, and manipulative skills while applying the movement concepts.

### **Personal Fitness**

- 1.3 The student will participate frequently and for short periods of time in sustained, moderate-to-vigorous physical activities that cause increased heart and respiration rates.
- 1.4 The student will identify changes in the body that occur during moderate-to-vigorous physical activity.

### **Responsible Behaviors**

- 1.5 The student will apply, with little or no reinforcement, safe and cooperative behaviors in physical activity settings.
  - a) Work independently for short periods of time.
  - b) Try new activities and skills.

### **Physically Active Lifestyle**

- 1.6 The student will participate regularly in physical activities that require physical exertion and skill.